

STAR 3 - PROGRAM

	Skaters will skate a program to music as per the requirements in the current technical package for STAR 3.	
	<p>Must include the following jump content:</p> <p>1W, 3 different single jumps (no axel), 1Lo+1Lo+C</p> <p>Must include the following spin content:</p> <p>BUSp, CoSp or CCoSp</p> <p>Must include the following additional elements:</p> <p>SpSq (Forward)</p>	
Skating Skills	<p>At STAR 3, skaters should be at the exit level of the "Moderate Stage of Development" for a SILVER assessment:</p> <ul style="list-style-type: none"> - Generally, pushes from the side of the blade - One dominant thrust may be evident - Some knee bend evident - Demonstrates reasonable maintenance of speed - Edges of moderate quality - Some body lean demonstrated - Generally balanced 	<p>Technique:* Reasonable (for level)</p> <ul style="list-style-type: none"> - *Turns and blade pushes for 75% of program <p>Reasonable (for level)acceleration & knee action</p> <p>Generally stable, demonstrating some body lean</p>
Performance	<p>At STAR 3, skaters should be at the exit level of the "Moderate Stage of Development" for a SILVER assessment:</p> <ul style="list-style-type: none"> - The skater has reasonable form and generally upright carriage - Moderate core strength - Body positions have moderate extension 	<p>Carriage:* Reasonable (for level)</p> <ul style="list-style-type: none"> - *Form, core strength, body line <p>Reasonable (for level)confidence and commitment to movements</p>

	<ul style="list-style-type: none"> - The skater's level of commitment to the movements varies during the performance - The skater's level of confidence is moderate. 	
Interpretation	<p>At STAR 3, skaters should be at the exit level of the "Moderate Stage of Development" for a SILVER assessment:</p> <ul style="list-style-type: none"> - The skater may only demonstrate a connection to the pace of the music for brief moments - The skater demonstrates a small number of movements that match the timing of the music - The skater includes a small number of movements that relate to the character of the music. 	<p>Timing:* A few movements match musical pace/timing.</p> <p>Very basic interpretation: limited understanding of music and its character.</p>